

## Proposed criteria for DSM-5: Disruptive Mood Dysregulation Disorder

- A. The disorder is characterized by severe recurrent *temper outbursts* that are grossly out of proportion in intensity or duration to the situation.
  - 1. The temper outbursts are manifest verbally and/or behaviorally, such as in the form of verbal rages or physical aggression towards people or property.
  - 2. The temper outbursts are inconsistent with developmental level.
- B. *Frequency*: The temper outbursts occur, on average, three or more times per week.
- C. *Mood between temper outbursts*:
  - 1. Nearly every day, most of the day, the mood between temper outbursts is persistently irritable or angry.
  - 2. The irritable or angry mood is observable by others (e.g., parents, teachers, peers).
- D. *Duration*: Criteria A-C have been present for 12 or more months. Throughout that time, the person has not had 3 or more consecutive months when they were without the symptoms of Criteria A-C.
- E. Criterion A or C is present in at least two settings (at home, at school, or with peers) and must be severe in at least in one setting.
- F. The diagnosis should not be made for the first time before age 6 or after age 18.
- G. The onset of Criteria A through E is before age 10 years.
- H. There has never been a distinct period lasting more than one day during which abnormally elevated or expansive mood was present most of the day, and the abnormally elevated or expansive mood was accompanied by the onset, or worsening, of three of the “B” criteria of mania (i.e., grandiosity or inflated self-esteem, decreased need for sleep, pressured speech, flight of ideas, distractibility, increase in goal directed activity, or excessive involvement in activities with a high potential for painful consequences; see pp. XX). Abnormally elevated mood should be differentiated from developmentally appropriate mood elevation, such as occurs in the context of a highly positive event or its anticipation.
- I. The behaviors do not occur exclusively during an episode of Major Depressive Disorder and are not better accounted for by another mental disorder (e.g., Autism Spectrum Disorder, Posttraumatic Stress Disorder, Separation Anxiety Disorder, Dysthymic Disorder). (Note: This diagnosis cannot co-exist with Oppositional Defiant Disorder or Bipolar Disorder, though it can co-exist with Attention Deficit/Hyperactivity Disorder, Conduct Disorder, and Substance Use Disorders. Individuals meeting criteria for both Disruptive Mood Dysregulation Disorder and Oppositional Defiant Disorder should only be given the diagnosis of Disruptive Mood Dysregulation Disorder. If an individual has ever experienced a manic or hypomanic episode, the diagnosis of Disruptive Mood Dysregulation Disorder should not be assigned.) The symptoms are not due to the effects of a drug or to a general medical or neurological condition.